

Claims:

1. A composition for producing a satiation effect and for weight reduction comprising at least one compound which is swellable and comprises nutrients or active compounds or mixtures of nutrients and active compounds.
2. The composition as claimed in claim 1, characterized in that the swellable compound comprises anionic polymers.
3. The composition as claimed in one of claims 1 or 2, characterized in that the anionic polymers present are polysaccharides.
4. The composition as claimed in one of claims 1 to 3, characterized in that it comprises polyuronic acid-containing polysaccharides.
5. The composition as claimed in one of claims 1 to 4, characterized in that the polyuronic acid-containing polymers are alginic acid or its derivatives or cellulose or its derivatives or mixtures of said compounds.
6. The composition as claimed in one of claims 1 to 5, characterized in that the polymers having a low degree of esterification present are pectins, xanthan, tragacanth, chondroitin sulfate or mixtures of these compounds.
7. The composition as claimed in one of claims 1 to 6, characterized in that the polymers having a low degree of esterification present are pectins, xanthan, tragacanth, chondroitin sulfate or mixtures of these compounds.

8. The composition as claimed in one of claims 1 to 7, characterized in that the nutrients present are vitamins, amino acids, minerals or trace elements.
9. The composition as claimed in one of claims 1 to 8, characterized in that the active compounds present are vitamins, trace elements or pharmaceutical active compounds.
10. The composition as claimed in one of claims 1 to 9, characterized in that it is present in the form of a powder.
11. The use of a composition as claimed in one of claims 1 to 10 for producing a satiation effect and for weight reduction.
12. The use of a composition as claimed in one of claims 1 to 10 for the delayed release of nutrients or active compounds or mixtures thereof.
13. The use of a composition as claimed in one of claims 1 to 10 for the preparation of a composition for producing a satiation effect and for weight reduction.
14. The use of a composition as claimed in one of claims 1 to 10 for the preparation of a composition for the delayed release of nutrients or active compounds or mixtures thereof.
15. The use as claimed in claim 14, characterized in that a composition as claimed in one of claims 1 to 10 is stirred into a liquid, preferably water, fruit juice, milk, coffee or tea beverages.
16. The use as claimed in claim 15, characterized in that a beaker consisting of two containers (3) and (4) is employed, where a liquid (5)

is situated in or filled into one container (4), and the other container (3) contains the composition (2) as claimed in one of claims 1 to 10, which composition is introduced into the liquid (5) by bringing the opening of the container containing the composition (2) over the opening of the container containing the liquid.